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Snowboarding  
planted florist's  
seed for style **P. 4**

**ON THE SCENE:**  
Saskatchewan Science  
Centre celebrates 25  
years **P. 6**

**SHARP EATS:**  
The 10 best local finds  
to take on your summer  
picnic **P. 20**

A man in a light blue button-down shirt holding a baseball bat, standing on a grassy field with a fence and trees in the background.

# COACHING FOR LIFE

**ROB CHEREPUSCHAK'S LEADERSHIP  
GOES FAR BEYOND THE BALL PARK**  
**P. 9**

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Former Rogers High star head coach Rob Chorpaschuk teaches at Martin College. In the fall he returns to Martin College, where his coaching career began, to be an instructor and administrator of the new Martin Sports Academy. He is the grandson of his hero in Rome. **QC PHOTO BY JON HEALY**

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## # FASHION P. 4



Donna Anderson's creative vision comes alive in her work as a fashion designer. **QC PHOTO BY JON HEALY**

## QC COVER PHOTO BY DON HEALY

QC is published by the Leader Post — a division of Postmedia Network Inc. — at 1944 Park St.

Rexburg, Sask. S4N 3G4

Rob McLaughlin is editor in chief. Heather Pearson is managing editor. Jenn Sharp is executive editor.

For advertising inquiries contact 781-5221; editorial 1-855-548-6557; home delivery 781-5221.

Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

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## FASHION

# REGINA FASHION

## Tanya Anderson: Ravishing in red

By Ashley Martin

With her bold cut-eye glasses, bright red hair and mass of statement jewelry, it's a little difficult to imagine Tanya Anderson as a showboater.

But believe it or not, her swanky athletic.com planted seeds for style.

Her mom Petra Jensen recalls Anderson as a 12-year-old.

"I think I don't need to match. Showboaters don't need to match," said Jensen. "I think from that day forward she knew if did her own thing."

Though today's touch of punk, '80s-influenced themes and nutty mouth smacks of vintage vibes, Anderson doesn't consider a big name her influence. Her major fashion influence is to never blend in.

"I like to stand out," said Anderson. "I always have this right mix of fitting in but blending in."

## CREATIVE CAREER

Anderson has a liberal dress code at work as a designer at Wisconsin Flower Shopper in Regina, her family's business.

For that, she counts herself lucky.

"I wear every day as a fashion show because we dress up in our full lining and shoes and everything," said Anderson.

"We do deal in emotions, so if I am looking a funeral I need to come to work to be prepared for that, so we don't get too off the wall."

## SCATTERED GEM

In university where studying to-matography, Anderson is style must-wear skulls shoes. She wore them with everything.

"I remember going to the clubs in mini skirts and fancy hats and skate shoes, and that was the staple of my wardrobe for a long time."

## MOTHERHOOD À LA MODE

When Anderson became a mom to Briana (named there) and Oliver (named after), she didn't compromise on her style.

"It's a really effortless because my kids have evolved with me. They've kind of grown into the understanding they can play with my week-laces but they can't rip at them."

"Most dresses are great because you can bend and you don't have to worry about anything. You can get on the floor and jump on trampolines are even some too for that reason. Flats are a staple, especially when we're running around on Canada Day or something."

## DRESSING DOWN

Even while carrying her family, she's a seasonal site this year and she's pretty duffed up.

"I consider me a definitely old chic, a mini dress or a mini little sundress and sandals," said Anderson. "If you see me in bright red lips and just black liquid eyeliner, I'm dressing down. Those are my staples."

## LOCAL LOVE

Anderson likes to shop local and lists Hawk, Mustang, Cade and Queen's as a few of her favorite shops.

"I have an it anywhere it is great that I can see it while it's amazing product and amazing service. I don't know why anybody wouldn't want to shop here."

## STYLE ICONS

Though she admires Gwen Stefani and Nicole Richie (the latter for her "beho I don't really give a s--- look"), Anderson doesn't copy anyone.

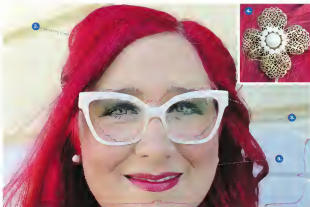
"I'll often put something together, something that I think works and then a day or two later I'll see it somewhere and I'm like, 'OK, it did work.'"



Tanya Anderson  
QC Fashion Week 2015

Which music festivals are you going to this summer?  
What are you going to wear?  
Email us at [qc@leaderpost.com](mailto:qc@leaderpost.com)

# FASHION



## TODAY'S LOOK

**1. DRESS:** Anthropologie. "I really liked the fabric... and it wasn't working for me, the cut. So when I got home... immediately I called Dean [Derek]... [Also, of the things I have in my closet, either he's touched or worked on or altered]"

**2. HAIR:** The colour is new to Anderson, but she wanted red hair "forever."  
"I've always wanted to do it and it just seemed like the right time."

Less than a month ago, she made her return to discoloured hair after a few years of natural-looking blond which she felt was a more practical choice to save salon time.

**3. FRAMES:** Her collection has grown over the years — "I have more frames than I have shoes!" — and so have the actual glasses.

"I look back on what I thought was big five years ago and they were actually really small."

Anderson is a loyal Viva Glam customer: ever since she was a kid and was prescribed glasses for the first time. "I was so psyched that I got to wear glasses because I just loved my movie accessory!"

**4. HAIR CLIP:** Anthropologie

**5. MAKEUP:** Red lipstick is Anderson's signature style.

"I have a bucket full, but I have to say Ruby Woo from MAC is definitely my go-to."

Today she opted for MAC Viva Glam and Kat Von D. "I kind of combined the two of them to try and get close to her colour, just because I thought it would be more today."

**6. JEWELRY:** Dyberg: Ken from Wascana Flower Shoppe. "It is overstatement pieces, large chunky crystal, beautifully made stuff" which the often wears with nothing else. "I like to give the two pieces lives together quite a bit because they complement each other."

**7. TATTOOS:** From her Las Vegas, which were all a little insensitive. "I'm very much a fan-boy the seat of my pants girl." Her wedding dress in Roman numeral (her husband has the same one). "I don't often wear a wedding band because of the line of work I'm in. I get absolutely annihilated."

The names of her sons, Derek and Oliver. A rose, whose symbolism ties to a few things, including the floodplain her family.

**8. SHOES:** These Puma pumps, her all-time favourites as from Zoe's Because. She's had them for six years. "I feel like they go with everything, they have not dated themselves, they're built to last."



# ON THE SCENE

## # SCIENCE CENTRE ANNIVERSARY

Excitement for science, technology and innovation was celebrated at the Saskatchewan Science Centre during 25 Hours of Science, a weekend of science activities, demonstrations and family fun commemorating the 25th anniversary of the science centre.

The extraordinary weekend kicked off on July 4 with a VIP reception and demonstrations for special guests. It was an opportunity for the community to participate, explore, discover and have fun. The VIP reception was attended by dignitaries, past and current board members, supporters and donors, partners and paid and current Science Centre staff.

Throughout the weekend, guests were invited to share their stories and memories of the Saskatchewan Science Centre, which will be shared with future visitors.

### GC PHOTOS BY TRACY FURBER

1. Donna Benke and Lyle Benke

2. Michelle Jensen, Bruce Anderson and Bernadette Montrose

3. Dick Graham and Gerald Henderson

4. Steve Ellis, Tracy Furber and Jerry Flanagan

5. Oliver Eddie and Emily McIver

6. Sandy Baumgartner and Mark Docherty

7. Kit Lowman, Tola Johnson and Russ Bolen

8. Sandy Baumgartner and Mark Docherty



# ON THE SCENE

# JULY 4, 2014 — 3:15 P.M.

## Fasting for food



Members of the Islamic Association of Saskatchewan were collecting food donations to the Regina Food Bank during Ramadan at the Muslim Islamic Centre and Mosque. (C) PHOTO BY TERRY PUTTICK

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# WEBS PEARCE

## For Out Spoken: Perspectives on Queer Identities

When the University of Regina's Queer Initiative (UQRI) was formed in 2008, its primary goal was to bring together the gay, lesbian, bisexual, transgendered and queer (GLBTQ) faculty staff and alumni to create an informal group that was vocal but at the same time offered an arena of support.



Miss Pearce

I suggested the *Spoken Series* as a relatively easy way to raise the group's profile and to give UQRI a public face on campus. The *Spoken Series* was

modelled on the very successful Inside Out Series at the University of Alberta and, like the U of A model, would feature a wide range of faculty members, graduate students, members of the community and visiting friends from other campuses.

Organizing and administering the series became a labour of love and every semester I enjoyed putting together a diverse array of presentations and topics, everything from biology popular culture (including presents from Madonna, the L word, gossip, Doctors and Redcliffe Hall), history to every theory, textual analysis, leadership, community development, social analysis, curriculum development and personal growth.

When the University of Regina

Press approached me about creating an anthology around the *Spoken Series* I was very excited by this opportunity. Around campus, Jean Hill stood as a bit of a legend (not to be confused with the author of *When Did You Leave Your Girlfriend?*) and she had been, privately out, and queering pedagogy and curriculum while many of the contributors to this anthology were still in graduate school. In the 1980s she tried to offer the first queer course on campus but no one signed up for her class on lesbian literature. She is now an award-winning writer.

I immediately asked Jean if she would help co-edit the book. Together, creating the anthology became a labour of love. Reconnecting with all of the participants, reinforcing ourselves with the individual power of writing (some that were major re-

visions from the verbal presentists), and then slowly finding a path that connected all of the essays together: both the better part of a peer.

The essays that we received were diverse: multi/interdisciplinary, provocative and passionate — a mirror of the campus itself.

Although it was never our intention to create a book on "queer identity" in we read, and revised the pieces it became clear that in some way all the pieces were asking "what does it mean to be queer?" (in gay or lesbian or on edge?)

*Out Spoken: Perspectives on Queer Identities* is available from Michéle Robinson Booksellers, university bookstores, Chapters and online at [www.outspoken.ca](http://www.outspoken.ca).



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# ON THE COVER

It's never about how do we win or how do we lose, it's about how do we connect this to our lives and learn from it. —Rob Cherepuschak

# REGINA BASEBALL COMMUNITY

## Cherepuschak has learned life lessons in sport



Rob Cherepuschak, former head coach of the Regina Red Sox, poses with the trainee coaches in Peter Butler. His son, Brian, is at the lower left. (CP Photo by Michelle Hill)

By Ashley Martin

Trust defeats fear. Stick to a plan. Don't panic.

The principles he has taught his players over the years have helped Rob Cherepuschak through the

toughest experience of his life: he chose his philosophy to apply to more than baseball.

In August, Cherepuschak's daughter Mia, then two years old, was diagnosed with diabetes.

"I often think had I not had those

baseball experiences with (the Regina Red Sox), that I wouldn't have dealt with this as well," said Cherepuschak, who is in his sixth season with the team. (And I know that diabetes isn't the be all end all — (but) you shouldn't have to pull up your

daughter's Cotnamella gown to give her a needle while she's sleeping.")

In the months following her diagnosis, his feelings evolved from "no one can do it," to anger, to "it's not fair," and finally to acceptance.

"It's part of life and I've probably grown as a person a lot more since then," said Cherepuschak. Though talking about the ordeal still brings him to tears.

"I'm pretty soft."

Continued on Page 10

My experience with the Rams I think had a big part in developing who I was in terms of commitment to something and seeing what leadership could be and just being involved in elite sport — Cherepuschak

"It's among the parallels between the way he coaches and the things you have to deal with beyond sports," said Justin Edwards, a former player under Cherepuschak.

Another sports fundamental, it applies to life as "there are no moments in a game outside the outcome, so you have to be ready for every pitch or every play" said Cherepuschak, who has shared that philosophy with more than 60 teams in 14 years of coaching.

He knows just which five moments have made him who he is today: A humble guy, a respected coach, a fit young high school teacher, a loving husband, a loving father of three. And a great north ender, though in now lives outside the city.

"When I make north end NO D jokes, everybody knows that it's legit," said Cherepuschak. "Pit Butts still north of Dewdney."

It's not so call myself ordinary from the land of football," he said.

**MOMENT 1:** Eric and Leslie Cherepuschak steer their youngest son toward sport, who starts playing baseball and hockey at age four.

"All of our kids come up through sports because I didn't want to have trouble with them," said Ernie, who played baseball and hockey growing up. He can attest that his son's good sportsmanship started early.

"We would rather pass a puck to somebody who wasn't as good than to (score) himself. I used to go to him, 'Why?' he said, 'Well, no, he hasn't scored very many goals.'"

Cherepuschak's three older siblings — Terry (24 years has senior), Don (22) and Pety (11) — set an example for their last brother.

Whoever they brought home to him said — those were role models to do (work), said Cherepuschak.

He continued hockey and baseball throughout elementary school at R.J. Davidson and Charles McDaniel, then through high school at Thom College, where he also started curling.

But Cherepuschak wasn't exclusively into sports. He created 60 job opportunities in his own outdoor activity journal of the year.

And during all four years of



Rob Cherepuschak at Martin College, where his coaching career began with an internship in 1997. (JP PHOTO BY BOB HEALY)

high school, he spent Monday and Wednesday lunch hours volunteering with the men's 2000-student choir even though he had no musical background.

The power of being involved in such a large group that was run to win, it was outrageous. I mean, one of four kids in the school was in it," said Cherepuschak.

"It reached out to all regions of students here. There wasn't just one type and I think that's what made it such a real experience."

**MOMENT 2:** A nine-year-old Cherepuschak gets a pig as a birthday for the Canadian Junior Football League.

Regina Rams. He spends four years assessing the value of sport leadership and teamwork.

Brother Terry was the Rams' head trainer, sister Pety was assistant trainer.

Cherepuschak looked out for an after-school job. From 1996 to 1999 he'd arrive at Kipling Field at 5:30 every day — travelling down the same happy dirt road he drives now to get to the adjacent Carver Field. He'd sweep the clubhouse after practice and get paid home \$10.20 or 30 in. Then he'd do it all again the next day.

Though he didn't play much ball,

ball. Cherepuschak learned a lot from his time with the Rams.

"I remember listening to every leadership speech of these coaches Frank McCrystal," said Cherepuschak. "My experience with the Rams I think had a big part in developing who I was in terms of commitment to something and seeing what leadership could be and just being involved in elite sport."

**MOMENT 3:** Sitting in class at Thom College, Cherepuschak hears an intercom message announcing a lunch-hour information session for students interested in studying education at the University of Regina. The date is 12

student attends the session.

"I literally went there just to get the information and I followed through the process and got accepted," said Cherepuschak.

"I did not think that acceptance or not meant, who knows what I'd be involved in now?"

He didn't even want to be a teacher at the time, but he knew he wanted to be involved in sports. He didn't feel like he was an elite athlete, so college football was out of the question. Besides, he didn't want to move away from home.

When he was accepted into the education program, it set him on a path

And I know that diabetes isn't the be-all-end-all... (but) you shouldn't have to pull up your daughter's Cinderella pyjamas to give her a needle while she's sleeping. — Cherepuschak



Rob Cherepuschak and wife Natasha with their three kids, sons Ryan and Karl and daughter Meek, at their home in Plot 2676. *QC PHOTO BY JACQUELYNNE*

#### MOMENT 4: Cherepuschak attends the U of R

During four years of education studies, he had a couple of important moments. He met his future wife, Natasha Manning, and he started coaching a high school baseball team.

"It just seemed like a natural fit for me to take those first steps with coaching," said Cherepuschak.

In spring 2006 he was 36 years old in his second year of university and landing the Martin Moushrie.

Even though he was not much older than the Grade 11 and 12 students he was coaching, they gave him one lesson:

"I saw that as a little 3 dot 4 Umu

wasn't doing it. I had a brilliant year, but my last bit was going to be built on trying to be an effective role model."

His "last bit" carried over to teaching, prominently physical education. His career began with his internship at Martin Collegiate in 1997 and now vocates from the U of R in 1998.

"My last bit is to treat people with respect and create a fun environment for them," said Cherepuschak, who is happy to chat up with his students during "one-legged conferences" on the hallway between classes. "It's kind of the old cliché, but they don't care what you know until they know that you care and it's sort of how I approach my whole teaching career."

Cherepuschak has taught at Thero Collegiate since 2008, but will be returning to his roots this fall to administer the Martin Academy, a specialized program of Martin for student athletes.

Cherepuschak and former St. John Williams Collegiate teacher Ken Percepich have been setting up the program for the past couple of months.

The academy is offering four streams of study — baseball, hockey, football and premiere performance — none of which are recognized by the Saskatchewan High Schools Athletic Association. Cherepuschak and Ellerth will be instructing the baseball side of things.

Students will study regular curriculum in the mornings, then train in the afternoon, receiving credit for their sports training.

Similar to Private Academies or International Baccalaureate studies, "These children are kind of geniuses for them," said Cherepuschak. "They're using their play and choice credits they require anyway just to be in an area of interest for them."

It's a new concept in Regina, and as he says will help students achieve a school-life balance.

"I can recall having students come into my period 2 class smelling like chlorine," said Cherepuschak, because they'd wake up at 4:00 a.m. to practice their sport.

Thinking during school hours also frees up students to play other sports after school.

Cherepuschak is looking forward to working with elite young athletes — but not just for his own sake.

"Every decision I made in sport was to provide my sons and my daughter great role models," said Cherepuschak.

Around the time Cherepuschak fell in love with coaching, he also fell in love with Natasha.

"She asked me out, I'm pretty proud of that one," said Cherepuschak, who met his wife in education classes at the U of R.

They married in 2000.

Continued on Page 12

## It's amazing the parallels between the way he coaches and the things you have to deal with beyond sports

—Justin Eisworth

Cherepashchuk's family is his proudest possession. He is the proud out-of-pocket father to sons Tyran (11) and Reid (8) and daughter Meeka (5) — note their names are all pretty unique. That comes from having two timber parents trying to differentiate from the sons of athletes they've taught over the years.

"We had to create our names a little bit in case we had taught any of them," said Cherepashchuk. "We don't know any other Tyran."

**MOMENT 5** In 2005, against his better judgment, Cherepashchuk breaks a rundown diamond to attend a summer men's baseball event, which ultimately leads to a job offer to coach for baseball Saskatchewan.

That mess of a field, all rocks and weeds, is home to a housing development new. He knows his state so he wasn't going to go to the practice but then he talked himself into it.

"For some reason I said, 'We've never done this before, you need to go.' I remember it so distinctly," said Cherepashchuk.

In 2006, Reid, now knee-high green and energetic, he met Craig Clifton, who offered him a job coaching for Team Saskatchewan.

"I don't have that conversation. I don't get that first step into the world of baseball."

Cherepashchuk spent four years as pitching coach for Team Saskatchewan and one year coaching the Canada Games team before the Red Sox approached him.

"Steve Buechler gave me a letter to opportunity for five summers there and it just meshed in with the Red Sox," said Cherepashchuk.

"We all try to add to a guy's set of tools," said Brett Douglas, who was head coach in 2008 when Cherepashchuk was hired. "I really care about within baseball, trying to teach about life — and I think he really identified with that just from being a teacher and a high school coach as well."

Cherepashchuk was Red Sox pitching coach for three seasons. Then served as head coach for three seasons. He is now in his third year as director of recruitment.



Job Cherepashchuk will teach baseball at the Martin Donnelly track field in a sponsored program for students at the site. The first of its kind in Regina. QC PHOTO BY DON HEALY

Cherepashchuk takes pride in the "Red Sox way" which he helped establish in his years as a coach.

They have to be good members of the community first, good role models," said Cherepashchuk. They are visit schools and interact with children who attend the games.

"That's how we coach the Red Sox and that's kind of the philosophy we're bringing to Martin, it's less about the sport and more about

the people," said Eisworth, who has known Cherepashchuk for 13 years, both as a player and a coaching colleague. "It's never about how do we win or how do we lose, it's about how do we connect this to our lives and learn from it."

When Cherepashchuk was head coach, he didn't stress winning.

"We talked about the process of being a good person and not being complacent in life," said Cherepashchuk.

"The goal was never to win at all. That was going to be a byproduct of everything that we did."

And it did in his last year as head coach, 2013, when the team won the Western Major Baseball League championship game in Oshkosh.

He learned the playoff run to climbing a mountain. "We said that it's not about the climb, it's that we can't get complacent when we see the peak."

After a final 7-5 victory over the Oshkosh Berries, Cherepashchuk told his team to "enjoy the view."

It's a memory that gives Eisworth chills.

"His just kind of said, 'We're not done yet — just the look in his eyes after we had accomplished what we set out to do,'" said Eisworth, who was assistant coach at the time. "I remember that like it was yesterday."

It's kind of the old cliché, but they don't care what you know until they know that you care — and it's sort of how I approach my whole teaching career — *Cherespuschka!*

After the game, Cherepanchuk's first thought was of his family: "I couldn't wait to take my sons on the field."

And with his family top of mind, he resigned after that winning season.

"My wife supported me to keep coaching and I just remembered laying in hotel beds saying that I'm ready to move on to be a better dad," said Cherepashuk. "My sons were old enough to begin coaching."

Until this year he coached all of their teams. But he stepped aside during Tyne's last hockey season — he thought it was important for his son to be guided by other adults, even though it contradicted a prime reason for his coaching.

"I don't need to coach for the sake of feeling that I'm better at it than anybody. I think there's a lot of coaches in our community that are significantly stronger than me."

and Chernopashchuk: "For me, it's the desire to be around my kids, and in school it was just wanting to be around sport, and knowing that the benefits of sport are beyond winning and losing — simply becoming a better person."

A main reason for sticking with the Red Sox was providing good insurance for his kids.

"Those guys treated my sons like their own sons and why wouldn't you want your kids around that?"

When Cherepanchuk was usually eng. Neksha brought them to almost every home game, dressed in Red Sox gear.

The Red Sox players would hold for them during batting practice. The kids would join in the home plate meetings.

"We treated them like they were members of the team," said Keworth. "For Ty and Karl to be able to come and be around their sport and be

around different people, I think that's huge for their development and for us too to know that "Hey, there's a human behind this guy who's coaching us and who's leading us."

Chenpuchuk maintains a relationship with many of his former players. It's how he gauges his success as a coach.

"Rob doesn't coach sports, he coaches people," said Elsworth. "He always finds a way to know his players on a more personal level... and that not only made you connect with him, but it made you want to play hard for him."

Bring a race guy on top of that  
can't hurt either.

"He's a guy that it does matter what kind of husband and father he is," said Douglas. It's not just about his work. "He's an all-around guy."

<sup>12</sup>It is a good person.

[amw@hawaii.edu](mailto:amw@hawaii.edu)

Regina Reid Sorceochee (left), Taworth Aft, and Rob Chempusachuk with their W&M championship team in 2003. [www.wm.edu](http://www.wm.edu)



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## EVENTS

What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # MUSIC

Wednesday, July 8

**Wednesday Night Folk:** The Beatty Asquith Bushwacker, 2206 Dewdney Ave.

**Wayback Wednesday** with Leah and Colene McNally's, 2226 Dewdney Ave.  
**Ocean Salts, Almost Allies, Alone I Walk:** The Club at the Exchange, 2431 Eighth Ave.

**Third Degree Blues, Amy Nakoe, Redcliffe:** Crown Country Jamboree.

**Staves, These Belates:** Artful Dodger, 1631 9th Ave.

Thursday, July 10

**All Vees:** Reggae Downtown Concert Series, Noon, City Square Plaza.

**Dominique Pinot, Hilary Gyles, The Stillhouse Poets:** Creative City Centre, 863 Hamilton St.

**Ivy Webb:** The Exchange, 2431 Eighth Ave.

**Third Degree Blues, Williams & Ties, Wildfire, The Road Horns, A Los Puestos, The Others Band:** Crown Country Jamboree.

Friday, July 11

**Into Eternity, Rocky Stitches, Memorial, Suffernaga:** The Exchange, 2431 Eighth Ave.

**Almost Allies, Osener:** O'Connell's, 1547 South St.

**Aboriginality Monthly:** 2226 Dewdney Ave.

**Get Playboys:** TQR, 1475 Toronto St.

**Chris Henderson, Joe Mookoke, George Gonyea, Thomas Rikli, Luke Bryan and more:** Crown Country Jamboree.



The Scumbagz are playing at O'Connell's on Tuesday. Photo by Kenneth Pollock

Saturday, July 12

**Absolutely Monthly:** 2226 Dewdney Ave.

**Tim Hicks, Charlie Daniels Band, Joe Nichols, Darius Bentley and more:** Crown Country Jamboree.

**Hot in Paradise, Shotgun, Bureaux Now and Then:** The Club at the Exchange, 2431 Eighth Ave.

**Monday Night Jazz & Blues:** Whiteboy Slim, Eschewer, 2206 Dewdney.

**Weekly Drum Circle:** Instruments provided 7:30-9 p.m., The Living Spirit.

**Crown Country Jamboree:** Monday, July 16.

**Monday Night Jazz & Blues:** Whiteboy Slim, Eschewer, 2206 Dewdney.

**Weekly Drum Circle:** Instruments provided 7:30-9 p.m., The Living Spirit.

**Carve:** 3208 Dean Dr. Call Mike 366-550-3918.

**Rotary Park:** Creative City Centre, 863 Hamilton St.

Friday, July 15

**Ivy Allen's Tribute to the King:** Osener, Reggae, 1547 South St.

**The Scumbagz:** O'Connell's, 1547 South St.

**Crown Aaron:** The Exchange, 2431 Eighth Ave.

## # VISUAL ART

**Secret Gardens:** Your Hosts of New Dance Elements, July 8-13. Various places in Regina. Locations are listed on the ticket. call 366-525-3993 for information.

**Saturday Night Art Market:** featuring artists, makers, performers, food and art. June 12, 5-9 p.m. City Square Plaza, downtown.

**Cultural Feature: Ryan Anand:** Until July 12. Nouveau Gallery, 2140 Albert St.

**Members' show:** Until July 12. Sovereign Artists' Collective, 2150 Albert St.

**Essence of Place:** The Artists of South Nisusies Fine Arts. New exhibitions quarterly.

Until July 31. Regina Centre Crossing, 1621 Albert St.

**Joan R. Stevenson: A B Burial:** Burial ground. Memorialize the paintings of natural materials speak to our physical and emotional intimacy with nature.

Until Aug. 21. Art Gallery of Regina, Neil Gaskin Civic Arts Centre, 2420 18th Avenue St. 1.

**Art is Bloom:** Works offer a variety of textile, colour, patterns and materials. Until Aug. 24. Meekness Art Gallery, 3475 Albert St.

**Mary Pratt:** A five-decade retrospective which celebrates the renowned Newfoundland Labrador artist. Until Aug. 24. Meekness Art Gallery, 3475 Albert St.

**Emily Vay Duke and Cooper Satterthwaite:** Here is Everything. Inspired by an animated cat and rabbit who claim to be speaking to us from the future, this is a brave new reflection on the inevitability of death, the existence of God, and the possibility of redemption. Part of Tragedy Plus Time. Until Aug. 25. Denkop Art Gallery, Central Methodist, 1311 12th Ave.

**Comedy in Tragedy Plus Time:** Canadian and international artists explore the relationship between the tragic and the comic. Until Aug. 27. Denkop Gallery, 161 Central Avenue, 231 10th Ave. AND Denkop Gallery, 161 Central Avenue, 231 10th Ave.

**Not Over Yet:** Mark C. Brinkley's work uses text-based forms of public address. The phrases "not over yet" loomed over the building and over the individuals that pass through its doors, a clear put on the discrepancy between the physical and emotional spaces we simultaneously occupy. Until Aug. 29. Central Library, 231 12th Ave.

**Oh Hay Ho:** Works by silhouette artist Robert Truchsess. Until July 26. State Fine Art Gallery, 2078 Halifax St.

**East Nation Art, Hip Hop and Aboriginal Culture:** Various artists juxtapose urban youth culture with Aboriginal identity to create innovative and unexpected new works — in painting, sculpture, installation, performance and video — that reflect the current realities of Aboriginal peoples today. Until Sept. 3. Meekness Art Gallery, 3475 Albert St.

# EVENTS

## THE REGINA FRINGE THEATRE FESTIVAL

Wednesday, July 8

**3:00 p.m. — Wolf Trek**  
Charged by bacon, surrounded by wolves, none-to-none with bears... What drives a bodacious man for those dog-eared-fested weeks biting subterranean wood buffalo flesh?  
**6:30 p.m. — Red Hot Mama**  
From Newfoundland to the Zip-flop mamas, from a gypsy savior to Blackberry Palace, she's Sophie Tucker — singer, comedienne and the best of the Red Hot Mama as **7:00 p.m. — The Hatter**  
Called from Wonderland and missing his madness, The Mad Hatter finds his way home. Come join this performance jammed with storylines, songs, and a chance to be the white rabbit.  
**8:30 p.m. — Servant**  
Servant, a Senior Devil in Hell's Lower-Airly, struts a toast for the upcoming "Festival of Tasting" Challenge production, while multi-tasking advice to his incompetent waitress. We'll reward, a policy paper delivered and his own transformation into a centipede.  
**11 p.m. — May's Anglican Church, 3337 18th Ave.**

**3:30 p.m. — Skin & Lungs**  
Austen Miller and Ryan Bell create a script for one-act play each time they take the stage.  
**3:45 p.m. — A Mind Full of Dopamine**  
A transonic roller-coaster filled with storylines, hallucinations, peeks, Star Wars, Shakespeare, and prison.  
**4:15 p.m. — The Quitters**  
Quitters never lose, and winners never quit. But what if you choose to lose a loser? The Quitters is a comic tale of slothiness, ineptness and cannibalism.  
**7:45 p.m. — Snake Oil**  
Salesman Sam Snuggins' 100-per-cent imposture, bonafide, tried and true snake oil remedies with a lot of quackery... A very dark comedy.  
**8:30 p.m. — The Belling**  
Effie is in her early 20s, pregnant, and is facing a path of destruction in this movie. The Belling is a hilarious race



Steve Levine recognizes Tess of the G.Uberistics in TES which is showing at the 2014 Regina Fringe Festival. Subject: TES

against time, nature, and the terrifying business of becoming a man.  
**Urbain Centre, 2700 College**

**2 p.m. — I Love Dwindling**  
The story of a very unlikely love.  
**3:45 p.m. — It's Complicated**  
One man and his personal demons plus one porke tasting the motel bed Top Massage, goes a drink and fun times through how simple it is to be complicated.  
**6 p.m. — Tummy Goes to War**  
Follow the brutality, bewilder and wit of The Great War, 1914-18.  
**7:45 p.m. — Homegrown Periods is Officially Over**  
A husband and potential tale of loss and letting go.  
**8:30 p.m. — Significant Me**  
Candice Brown went to Toronto all others and mentored herself. As the progress her anniversary dinner she see her frantic pursuit of domestic bliss that turned out, now that the honeymoon phase is over.  
**Artspace, 3627 13th Ave.**

**3 p.m. — Canterbury Tales**  
Canterbury, a South African township, is the scene of poverty at which do-gooders, a lightsman, and the truly clueless worship. Surely a solid setting there's just a tad politically incorrect.  
**6 p.m. — TES**  
Tess of the G.Uberistics remains imagined. Thomas Hardy's tragic heroine is brought back to life in the 21st Century as a teenage girl from down-trodden social housing who's found to be descended from a famous Romantic poet.  
**7:15 p.m. — Tamaris Checks in Seize**  
Do you see what you see? In this twist to black comedy, that is what two mis-drenched campers are asking as their evening takes them on a long winding descent in search of arousal.  
**8:30 p.m. — Takes the Tails**  
A young woman struggling to reconnect with her mother embarks on a re-examination of the ancient tales of Irish folklore she heard growing up

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**KIDZ Festival**  
**9 a.m. — Wiggle Up**  
This is the place to be if you have ants in your pants, and want to hop, sing, swirl, and be silly with other kids in shorts too.  
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## EVENTS

## # COMEDY

**The LaughGillig**

Live 15-minute comedy every Sunday night, 8:30 p.m.  
Regina Hotel, 1488 Victoria Ave.

## # PERFORMANCE

**Into the Woods**

A modern twist on the beloved Brothers Grimm fairy tales, now told by Regina Summer Stage. July 10-13, regina performing arts centre, 1077 Angus St.

**How to Give Feedback**

Workshop for poets and performers every Thursday, 7-9 p.m.  
Creative City Market, 1843 Hamilton St.

## # DANCING

**Salsa on the Plaza with Regina Salsistas**

July 10, 7-11 p.m.  
City Square Plaza

**Extra Dance Party**

Every Sunday  
Mushy's, 2226 Broadway Ave.

## # FOR FAMILIES

**Stars and Showbiz**

Wednesday, 7 p.m.  
Chrysler Olden Southland Mall, 3623 Gordon Rd.

**Make a Difference**

Combined fundraising through craft, spread kindness with a cookie  
Wednesday, 5-7 p.m.  
West Armbrist Bookshop, 2322 Winnipeg St. N.

**Cozies Under the Stars**

Bring your own blankets, chairs, etc., for a family-friendly film screening. Children's music and activities before the film, which screens at dusk.  
Wednesday, 8 p.m.  
Victoria Park, downtown

**Drop-In Indoor Playground**

Friday, 9-11:30 a.m.  
South Union Centre, 170 Sunset Dr.

**Movies and Hot Food Meet-Ups**

Hosted by Kyla Murray, 3:30-

2:00-2:30.

Friday, 10-11:30 a.m. Early Learning Family Centre, 3402 Collegiate, 3250 7th Ave.

**Kids' Page**

Free fun for the whole family includes face painting, balloon animals, sidewalk chalk, Dino Bouncers, indoor shows and more. July 12, 9 a.m.-2 p.m.  
Moosehide Art Gallery, 3475 Albert St.

**Build a not Snow Clinic**

Build a special "not here" model for children ages 5 and up  
Saturday, 10 a.m.  
Lowes, 4555 Gordon Rd.

**Michukula Kids Club**

Saturday, 10 a.m.-noon  
2080 Prince of Wales Dr.

**Family Favourites films**

Enjoy a favourite film for just \$2.50  
Saturday, 11 a.m. Galaxy Cinema, 420 McCarthy Blvd. N.

**Family activities**

Saturday and Sunday, 2 p.m.  
Saskatchewan Science Centre, 2303 Powerhouse Dr.

**Family Studio Sundays**

Sunday, 3-4 p.m.  
Mackenzie Art Gallery, 3475 Albert St.

**Parent and Preschooler**

Janine Dym  
Monday, 9:30-11 a.m.  
St. Rita's Family Wellness Centre, 445 14th Ave.

**Exploration Days in the Park for Kids**

Crafts and Activities with Government House For kids ages 3 to 12. Call 306-375-7847 for sign-up.  
July 13, 9:30-10:30 a.m., Victoria Park

## # OTHER HAPPENINGS

**Regina Farmers' Market**

Wednesdays and Saturdays, 9 a.m.-1 p.m.  
City Square Plaza, downtown

**Words in the Park**

Hosted by Saskatchewan Writers Guild  
Sunday, 2 p.m.  
Victoria Park, downtown

**Sundays and Saturdays**

Yoga in the Park with Yoga Mads. July 5, noon-1 p.m.  
Victoria Park, downtown

**HCMF Sergeant Major's Parade**

Wednesday, 12:45 p.m.  
HCMF Depot Division, 5450 11th Ave.

**Yoga Party**

Hosted by Heidi Tree Yoga. July 9, 5-6 p.m.  
Victoria Park, downtown

**Speak Takeover in the Park**

July 9, 6:30-8:30 p.m.  
Victoria Park, downtown

**Blair & Friends Off-Stage**

Hospitality of Regina Foundation Division featuring food entertainment and silent auction. July 9, 7 p.m.  
Castro Regina Show Lounge, 450 Saskatchewan Dr.

**Art in the Park**

John Dunlop Art Gallery for a different art activity each week. July 11, noon-1:30 p.m.  
Victoria Park

**Belvedere Morning Yoga**

Hosted by Yoga Mads. July 12, 11 a.m.-noon  
Victoria Park

**Culture on the Plaza**

Regina Multicultural Council presents dance and performance. July 12, noon-1 p.m.  
City Square Plaza

**Holler Derby**

Ortiz of Bones Derby Club. July 12, 7 p.m.  
Culley Curling Club, 2225 Saskatchewan Ave.

**Saskatchewan Readings with B.C. Lewis**

July 12, 6:30 p.m.  
Moosehide Art Gallery

**Tai Chi in the Park**

July 12, 10-11 a.m. Victoria Park

**Heritage Regina Walk**

Historic College Avenue Walk. July 12, 6 p.m.  
Meet Jackie Hudson at the steps of Drake Hall

**Plots & Phone Tolls**

Sunday, 8:30 a.m.  
O'Neilville, 1842 South St.



Jason Clarke stars in *Guns of the Planet of the Apes*, which opens Friday in theatres.

**Doc On! in the Park**

July 14, noon-1 p.m. Victoria Park

**Roll Hockey! Five Hots for Food!**

July 14, noon-3 p.m.  
FW HRM, 1800 Lock Search Street

**Chess in the Park**

Chess points and lessons. July 15, 11 a.m.-2 p.m. Victoria Park

**Ultimate Frisbee Drop-In**

July 15, noon-3 p.m. Victoria Park

**Chess Day Challenge**

Drop-in gathering of board game enthusiasts. Tuesday, 6 p.m.-midnight  
Foster Plaza, 340 Albert St. N.

## # FILM

**Tracks**

Adventure/Drama  
Reilyn Doolittle (Mia Wasikowska) gets on a 1,300-mile trek across the deserts of West Australia with her four camels and faithful dog.

**Know Your Mushrooms**

Documentary  
Gary Lincoff and Larry Green hunt for the wild mushrooms and the deeper cultural experience attached to the mushroom fungi.

**For No Good Reason**

Documentary  
Johnny Depp pays a visit to

Irish headliner, the last of the original Gen. exiles who worked alongside Hunter S. Thompson.

Regina Public Library Theatre. July 11 (2nd Ave.), 306-777-6104.

**Height of the Butterflies**

Documentary  
Join hundreds of millions of butterflies on an amazing journey to a remote laboratory in the mountains of Mexico.

**Kings: Animal Kingdom**

Documentary  
Discover Africa's famous fauna in their natural habitat. Meet two fearless young Maasai and follow them on their ritual safari.

**Island of Lemnash: Madagascar**

Documentary  
Join scientist Patricia Wright as her lifelong island birds are endangered in Madagascar.

**Know Your Mushrooms**

Documentary  
Johnny Depp pays a visit to

**For No Good Reason**

Documentary  
Johnny Depp pays a visit to

**For No Good Reason**

Documentary  
Johnny Depp pays a visit to

a surprising partners drama (Kevin Kline) and Dave (Adam Levine) move to New York after he signs to a major label. When he signs, he breaks girls is spotted on stage by a down-on-his-luck producer (Mark Ruffalo), which opens up a world of possibility for both of them.

**Guns of the Planet of the Apes**

Sci-Fi  
A growing nation of genetically evolved apes is threatened by a band of human survivors of a devastating war unleashed a decade earlier. A war that will determine who will emerge as Earth's dominant species.

**The Ruby Movie**

Comedy  
A comedy concept film that captures the on-stage performance of Gabriel 'Ruby' Wilson.

**Galaxy Christmas**

Comedy  
2015. Powerhouse Dr. 306-522-4529

**# NEW MOVIES**

**And So It Goes**  
Comedy  
An awkward writer (Michael Douglas) turns to his neighbour (Brie Larson) for help when his estranged son and granddaughter turn up.

**Begin Again**

Drama  
College sweethearts and

heart throbbers who are currently going to see it to DL. Lists will be printed at some points.

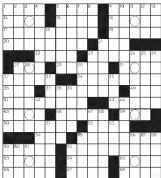


## #CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 Phonics word used in "Remains"  
 8 Advisor with a word used in "at"  
 9 "Hallel" singer in "Hallel"  
 14 Let winning days for "and others"  
 15 David's partner  
 16 Subject of a donor card  
 17 David, names, do "Hallel", etc.  
 18 Done to death  
 20 See under letters  
 21 Count... price  
 22 Cross these capital  
 23 One from column 6, one from column 10, etc.  
 27 Go to the deep  
 28 See under letters  
 31 Day do  
 34 "Find to another cell"  
 35 Knowledge to use  
 36 Take basically  
 37 See under letters  
 40 "in action..."  
 42 What to do when about a book  
 43 Fast food store  
 45 "He's with one and a half"



## DOWN

- 2 Relative of bats  
 3 "He's with one and a half"  
 4 "He's with one and a half"  
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CROSSWORD BY JAMES L. HOGAN

## #JANBIC CLASSIC SUDOKU

## Level: Silver

Fill in the blank cells using numbers 1 to 9. Each number can only appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 23.

1953 Scarth St.

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## #ASK ELLIE

## Spouses with different careers shouldn't be a problem

**Q:** I'm in love with a great guy. We've started this fantastic relationship and moved in together. Our families think this relationship is great for both of us.

But I see from your readers a lot of concerns about socio-economic differences. I have an office job and he works in construction. I have post-secondary education, and he has high school.

We make approximately the same money and I've never felt better than him. I don't believe he feels that we're unequal.

When there are social-economic differences, do they have long-term ramifications for couples?

**Thanking Ahead**

**A:** Only those readers who feel "unequal" are the ones who write me. You're questioning whether this is just because a problem, and of course, that depends on attitude.

Since the two of you, and both families, feel this is a great match, it's unlikely you'll grow apart based on a difference in education.

## Ask Ellie



However to ease your mind, here are two pitfalls to avoid:

1) If you have different tastes in reading, music, entertainment, know that this is as much a result of experience, as education.

And a healthy difference (ie, no one thinking the other is lesser or better) can enrich your life together as you learn about new things.

2) If construction work slows down, or if you get a promotion in your field and earn a lot more, this does not have to divide you, it's just something to which you have to adjust. Lots of couples with similar education levels end up with different earning power.

**Q:** I'm 23, divorced, with two near-rental daughters. I'm highly educated and still have a great body.

I met this man online on a sex short site. He's 40, charming, funny, smart, travelled the world, retired at 47, was married for 35 years, and has been divorced for 3½, with no children.

I live in Canada and he lives in America. He sent me the first message — saying he wanted to settle down, and to be in a serious relationship if it's meant to be.

He says he met with several women and dated them on and off. He has been six to 13 months.

We met online nearly four years ago and through all these years, we Skype, and he visits far more parties, and we Skype again.

We never met in person. Eighteen months ago he decided to visit me in Canada, booked a ticket, but sent a message the next day, "Too far, too expensive. Shop on your side of the fence." I ended it.

Ten months later we started each

other e-comments online about a hot tel. He created one and asked where I'd been all these months. He says he will keep all my pictures and as with us love with me!

He started to Skype with me again. And again, no plans to meet in person.

I don't understand what's wrong with this man — as he said, as he says, as he submitted his pictures and Skype? All the other men I talk to want to meet within a month.

**Lost and Confused**

**A:** He's lonely and likes the contact that he's a world traveler may mean. He weighed the expense of visiting you, then perhaps courting you over time, and decided, "Too far, and too expensive."

You could take a risk and visit him but only if you have strong feelings for him and feel ready to move them, because he's not coming to you. But you sound too independent to be "taken" by someone because he won't spend money for "love." I say forget him.

**Q:** I like to create things to join our kids and us at the cottage. We're generous and, being on a lake, provide boating, swimming, fishing etc. However, some people's "great summer" "shackles" they'll come as with a family of four or five, and bring nothing other than chips, coolers, and some cheese sticks they are on the road.

What is a polite way to ask them to bring some food to share the costs and preparation?

**Not a Hotel**

**A:** Write a straightforward, but polite, "Welcome to Cottage Gents!" Round this when you invite a family, as they know what you expect and can then decide if they're accepting.

Write something like this: "We'd love to have your company and hope you'll share in the meal, purchasing and preparation as well as the fun."

Please bring one day's lunch and dinner needs for all of us, and we'll provide the rest."

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# Best Of OUTSIDE THE LINES



## # Colouring contest

Each week, Artist Stephanie Morley creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product, and email it to [art@leaderpost.com](mailto:art@leaderpost.com). One winner will be chosen each week.

Please send **high-resolution** pictures and include the **child's name** and **contact information**.



The winners from the last two weeks of QCL's colouring contest are **Taylor Perry** from June 23 and **Wynnen Oltje** - winner from July 2.

Contest returns! Thanks to all for your colourful submissions. Try again this week!

# SHARP EATS

# SASKATCHEWAN FOOD TRENDS

## 10 locally-made summer picnic must-haves

By Jenn Sharp and Ashley Martin

Summer has finally arrived! It's time to break out the picnic basket and head out to your favourite spot for a meal in the sun. We rounded up 10 of the best locally-made food and drink items to take on your summer picnic:



Living Sky Winery's rhubarb wine is made for sale only in the sun. GC PHOTO BY MICHELLE BISS

### LIVING SKY WINERY RHUBARB WINE

Price: \$10 including tax.  
A medium-dry, fresh-tasting fruit wine, it's made just outside Saskatoon near Purdie. This wine is so good that it sells out regularly and customers have even been known to light for the last bottle!

Available at Saskatoon and Regina Farmers' Markets, along with Ingredients Artisan Market in Saskatoon.

### NVIGORATE SEABUCKTHORN SPLASH AND GELATO

Price: Juice, \$4 and \$8.  
Gelato, \$4 to \$6 for two scoops, \$12 for 600 ml, to \$50 for a "party tub".  
Seabuckthorn berries are in demand; they're high in antioxidants, vitamins C and E, which are great for the skin. They're also a source of Omega-3 fatty acids, which work well for reducing the nausea brought on by the heat. The best part about these tart orange berries though? They taste great, especially when blended into a puree (the Splash product) or paired into a creamy gelato. The gelato contains 45 per cent fruit and relatively low amounts of sugar when compared to your favourite yogurt.

Available at the Northern Vigor Berries stand at the Saskatoon Farmers' Market, as well as Dad's Organic Market (in Regina and Seattle, Wash.), Saskatoon Marketplace and Seng's in Saskatoon.



Seabuckthorn Gelato has a dash from nvgorato. GC PHOTO BY MICHELLE BISS



### RIVERSDALE DELI'S HOUSE OLIVE MIX

Price: \$14 per 140 grams.  
Dig into this incredibly fresh blend of eight olive varieties (which change regularly), marinated in olive oil, tangy lemons, fresh herbs and onions.

Available at Riversdale Deli, 501 28th St. W.



The house olive mix at Riversdale Deli. GC PHOTO BY MICHELLE BISS

See a food trend you think deserves a highlight? Email [gc@leaderpost.com](mailto:gc@leaderpost.com) or visit us on Facebook



Pork, soaked in porcine, camembert and salt and pepper Gouda from Herschel Hills Artisan Cheese House in Saskatoon. GC PHOTO BY MICHELLE BISS

### HERSCHEL HILLS ARTISAN CHEESE

Price: Ranges from \$5 to \$8 per 100 grams.  
Arguably some of the finest cheese in Saskatchewan can be found close to home. Happy cows make delicious cheese — the Herschel Hills cows give it big, green pastures, producing high-quality milk. That milk makes cheese (literally) bursting with flavour. If you like a bold gorgonzola or prefer a subtle Gouda, they've got you covered.

Available at the Saskatoon Farmers' Market, and Ingredients Artisan Market, Dad's Organic Market, Saskatoon Marketplace and Saskatoon.

### WILD SERENDIPITY FOODS' ONIGIRI

Price: \$5 or two for \$5.  
Michelle Zimmer makes these Japanese rice balls by hand before every Saturday morning market. A delicious combination of sticky rice and seaweed paper, there's three flavours to choose from: Red beans, wasabi cream cheese and spinach pesto. Onigiri is made to be portable, and the container even includes an accompanying nori-mat.

Available at the Saskatoon Farmers' Market on Saturday mornings.



Onigiri, Japanese rice balls, at one of our favourite Wild Serendipity Foods. GC PHOTO BY JENN SHARP

# SHARPEATS



Cuppa T makes a variety of the infused ice cream. **QC PHOTO BY ASHLEY MARTIN**

## CUPPA T ICE CREAM

Price: Ice cream \$10; ice cream sandwiches \$4  
There's nothing better than ice cream on a hot day — especially when that ice cream is made of wholesome ingredients and so junky additives.

Made the old-fashioned way with cream, milk, sugar and eggs, Cuppa T makes 16 flavours of 700-infused ice cream (including passion, chili roses, Canadian maple and cressy Earl Grey) and three blends of ice cream sandwiches (Lemon Love is the bestseller).

Available at the Regina Farmers' Market and at Cuppa T, 1120 13th Ave.



Trogi Salsa. **QC PHOTO BY ASHLEY MARTIN**

## TROGI SALSA

Price: \$7.99 for a jar

For an easy snack, you can't go wrong with chips and salsa. For 1.5 years, Regina-based Trogi Salsa has been available in three flavours: original (mild), hot and mango/pineapple. Now a fourth flavour is in the works — shishito. Pick up a bag of tortilla chips and you've got yourself a satisfying snack.

Available at the Regina Farmers' Market and Peckish Star Deli, 1611 Victoria Ave.



Quinoa salad from Soup. **QC PHOTO BY ASHLEY MARTIN**

## QUINOA SALAD

Price: Soups from \$4 (small) — one cup to \$12 (large) — \$50 and up

Shelly Lambert has mastered cold-weather comfort food with her delicious soups at Soup — simply. But lately she's switched her focus.

Her organic, gluten-free quinoa salad is delicious and nutritious: chock full of chickpeas, cucumbers, peppers, tomatoes. Dita and homemade pesto.

Check out Soup — simply's new food truck, which includes a few other salad varieties (broccoli with bacon, shredded and roasted, macaroni salad, real Greek).

Available at the Regina Farmers' Market.



Salt Food Boutique picks a variety of fruit and vegetables. **QC PHOTO BY ASHLEY MARTIN**

## PICKLES

Price: Most are less than \$10

Pickles may be the perfect snack — savory and low-calorie. And if not, you can find a variety of pickles you might have never considered. From corns to ramps to peppers to classic cucumbers. Thinking about the ramps is making our mouth water.

Available at Salt Food Boutique, 369-3801 Victoria Ave.



Over the Hill Orchard's organic juice is a refreshing beverage that's kid-friendly. **QC PHOTO BY ASHLEY MARTIN**

## GRAPE AND CHERRY JUICE

Price: 40 for 500 ml, or 50 for a litre

Here's a beverage the whole family can enjoy. Over the Hill Orchard's juices are simple and refreshing — with only three ingredients — juice (either cherry or grape, made from fruits they grow on their farm near Loonville), water and organic cane sugar.

Available at the Regina and Saskatoon Farmers' Market and at various stores across the province (find out where at [overthehillorchard.ca](http://overthehillorchard.ca)).

# GARDENING

# GARDENING IN SASKATCHEWAN

## Buttercups: Beautiful to look at, but don't eat them

By Lyndon Penner

Many years ago, I took a class about edible flowers. I wanted to learn more about moving plants from the garden to the kitchen. It ended up being a really good time. There was a nice pot in my class named Fran who said at one point, "I wonder if you could eat cleome blossoms. They would be so pretty in a salad." At that, the instructor took on a horrified expression and said, "No! That's *Ranunculus*! You don't eat anything — I mean, anything — in that entire family unless you're interested in suffering and death!" So Fran decided she wasn't going to eat cleome blossoms after all.

The instructor's words intrigued me. Some men like to draw fast cars, others collect guns or knives, and I like to grow things that can kill you. We all feel a need to live dangerously sometimes. I had never thought much about *Ranunculus*, better known to most as the buttercup family. To be sure, there were plenty of representatatives in my garden, but that was not something I had pursued consciously.

It just so happened that I liked delphiniums and monkshood and prairie crocus, if never occurred to me that these well-known garden perennials were related or that they were violently poisonous. For some reason, surely everything in this large family of more than 1,700 plant species is toxic to some degree.

This entire group of plants as triques are. Every time I learned something about the buttercup family, I became more nervous. Greek and Roman mythology has it that meadowlark sprang from the snicker of Cerberus, the three-headed dog guardian of the gates of the underworld. An extract of monkshood was once used to poison snakes; hence one of its other common names, *wolf's bane*. It is also reportedly a component of witch's brew.

Luckily, seed extract was used to kill body lice during the American Civil War. And most First Nations cultures have at least one story about



Some along is a member of the toxic but beautiful buttercup family. *JPQ* PHOTO COURTESY LYNDON PENNER

the prairie crocus, my favourite, which involves a young man going the crocus has told. Ever since, the prairie crocus has worn a covering of red dirt. This makes me appreciate the hairy stems even more, and I think we can all do with greater appreciation for hairy stems.

Every year I try to find new plants in the buttercup family to grow. This has sometimes involved painstaking attempts at germinating the seeds (not all of them are easy or co-operative) and searching far and wide for specific cultivars or varieties of these plants. I am totally consumed with this plant group.

My interest (IJK, mild obsession)



Double-flowered ranunculus.

with the buttercup family has moved me well. It has brought numerous and unusual plants to my garden such as the spring Adonis (red, more common and well-known perennials) as well. Like the gorgonia and many biennial ranunculus. The gladiolus (Trillium) are also in this family and their relationship among flowers or my June 15th my heart with joy. This is a family of plants with which it will worth getting acquainted.

Lyndon Penner, author of *The Prairie Heart Series*, will be sharing his love of *Ranunculus* in a

special class during the University of Saskatchewan Horti week, July 5-14, in Saskatoon. <http://hortiweek.ca/2015/05/05/2015-05-05-06-06-07-08-09-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100-101-102-103-104-105-106-107-108-109-110-111-112-113-114-115-116-117-118-119-120-121-122-123-124-125-126-127-128-129-130-131-132-133-134-135-136-137-138-139-140-141-142-143-144-145-146-147-148-149-150-151-152-153-154-155-156-157-158-159-160-161-162-163-164-165-166-167-168-169-170-171-172-173-174-175-176-177-178-179-180-181-182-183-184-185-186-187-188-189-190-191-192-193-194-195-196-197-198-199-200-201-202-203-204-205-206-207-208-209-210-211-212-213-214-215-216-217-218-219-220-221-222-223-224-225-226-227-228-229-230-231-232-233-234-235-236-237-238-239-240-241-242-243-244-245-246-247-248-249-250-251-252-253-254-255-256-257-258-259-260-261-262-263-264-265-266-267-268-269-270-271-272-273-274-275-276-277-278-279-280-281-282-283-284-285-286-287-288-289-290-291-292-293-294-295-296-297-298-299-300-301-302-303-304-305-306-307-308-309-310-311-312-313-314-315-316-317-318-319-320-321-322-323-324-325-326-327-328-329-330-331-332-333-334-335-336-337-338-339-340-341-342-343-344-345-346-347-348-349-350-351-352-353-354-355-356-357-358-359-360-361-362-363-364-365-366-367-368-369-370-371-372-373-374-375-376-377-378-379-380-381-382-383-384-385-386-387-388-389-390-391-392-393-394-395-396-397-398-399-400-401-402-403-404-405-406-407-408-409-410-411-412-413-414-415-416-417-418-419-420-421-422-423-424-425-426-427-428-429-430-431-432-433-434-435-436-437-438-439-440-441-442-443-444-445-446-447-448-449-450-451-452-453-454-455-456-457-458-459-460-461-462-463-464-465-466-467-468-469-470-471-472-473-474-475-476-477-478-479-480-481-482-483-484-485-486-487-488-489-490-491-492-493-494-495-496-497-498-499-500-501-502-503-504-505-506-507-508-509-510-511-512-513-514-515-516-517-518-519-520-521-522-523-524-525-526-527-528-529-530-531-532-533-534-535-536-537-538-539-540-541-542-543-544-545-546-547-548-549-550-551-552-553-554-555-556-557-558-559-560-561-562-563-564-565-566-567-568-569-570-571-572-573-574-575-576-577-578-579-580-581-582-583-584-585-586-587-588-589-590-591-592-593-594-595-596-597-598-599-600-601-602-603-604-605-606-607-608-609-610-611-612-613-614-615-616-617-618-619-620-621-622-623-624-625-626-627-628-629-630-631-632-633-634-635-636-637-638-639-640-641-642-643-644-645-646-647-648-649-650-651-652-653-654-655-656-657-658-659-660-661-662-663-664-665-666-667-668-669-670-671-672-673-674-675-676-677-678-679-680-681-682-683-684-685-686-687-688-689-690-691-692-693-694-695-696-697-698-699-700-701-702-703-704-705-706-707-708-709-710-711-712-713-714-715-716-717-718-719-720-721-722-723-724-725-726-727-728-729-730-731-732-733-734-735-736-737-738-739-740-741-742-743-744-745-746-747-748-749-750-751-752-753-754-755-756-757-758-759-760-761-762-763-764-765-766-767-768-769-770-771-772-773-774-775-776-777-778-779-780-781-782-783-784-785-786-787-788-789-790-791-792-793-794-795-796-797-798-799-800-801-802-803-804-805-806-807-808-809-810-811-812-813-814-815-816-817-818-819-820-821-822-823-824-825-826-827-828-829-830-831-832-833-834-835-836-837-838-839-840-841-842-843-844-845-846-847-848-849-850-851-852-853-854-855-856-857-858-859-860-861-862-863-864-865-866-867-868-869-870-871-872-873-874-875-876-877-878-879-880-881-882-883-884-885-886-887-888-889-890-891-892-893-894-895-896-897-898-899-900-901-902-903-904-905-906-907-908-909-910-911-912-913-914-915-916-917-918-919-920-921-922-923-924-925-926-927-928-929-930-931-932-933-934-935-936-937-938-939-940-941-942-943-944-945-946-947-948-949-950-951-952-953-954-955-956-957-958-959-960-961-962-963-964-965-966-967-968-969-970-971-972-973-974-975-976-977-978-979-980-981-982-983-984-985-986-987-988-989-990-991-992-993-994-995-996-997-998-999-1000>

More a gardening question? Contact [Lyndon@hortiweek.ca](mailto:Lyndon@hortiweek.ca) or call 306-968-5555 or per <http://hortiweek.ca>

This column is presented courtesy of the Saskatchewan Personal Society ([www.saskpersonal.ca](http://www.saskpersonal.ca), [hortiweek@hortiweek.ca](mailto:hortiweek@hortiweek.ca)). Check out our bulletin board or consider for upcoming horticulture events (October & Letters of the Hortiweek Home, garden tour July 14)



Prayer roses

# THE WORLD

## # SASKATCHEWAN WINE SCENE

### A bit of the bubbly helps summer love blossom

By James Romanow

Life is hard and life is sweet, but folks it is summer. We have sunshine, warm weather and with any luck, the first time to enjoy both.

But my whole life the congenience of choice has been Spanish. This is a Catalonian product that is barely and deservedly popular. Sure, I love champagne. Who doesn't? Make sure a 2013 blanc de blanc if you're serious. What's that? Yes, blanc et spilling a 200 bottle with me? Shame on you!

If your budget doesn't stretch to that kind of extravagance, buy a bottle of Cava. The best of the stuff available in Canada merely crosses the \$20 mark and the most popular label is the least in a very affordable list.

It mustn't probably be available every other wine in the world (excepting maybe Apollath). The most popular label Cordon Negro, is a staple created the New Year. Any number of people ignore the trusted bottle label. Cava, Nevada, which is their last. The grape was once an slightly different, with a predominant flavour of Grassy South apple. There are the usual smells of aroma and fine flowers in the bouquet.

This is a really fine glass of bubbly. When I get it the first time the first try is a good one. I better leave for parties and afternoon sipping, as the slight amount of sugar may



keep you from getting too far into the oblique and dry.

Pick up a bottle tonight and give somebody a glass and a hint. You should try to make the bottle last into the barbecue along but sometimes love interferes. We won't regret it in the way.

Freixas Cordon Negro Extra Dry NV \$15

Many more wines in Monday's paper and on Twitter @jbrmanow

## Crossword/Sudoku answers

THREE	ICORN	JACKO
SAWS	ROOM	MORGAN
KEEPCHOUSE	TRITE	
SCRAMBLZ	ATA	
ROAD	CHOICES	
NOT	TARDIO	GALA
RENOF	CRANTLY	
USE	HANGMAN	DEO
STANDPAT	SPORN	
LEURO	PROFAM	AMY
SPANGAL	PLANET	
SHIT	GRANDAMS	
APOLLO	GRAMEOWNE	
VAOLIS	RENO	NEVA
ADEPT	DMAR	SWIM

8	1	5	6	7	9	3	4	2
2	4	7	3	1	5	6	8	9
6	3	9	8	2	4	5	1	7
7	2	8	1	9	3	4	5	6
1	6	3	4	5	7	9	2	8
9	5	4	2	6	8	7	3	1
3	7	1	9	4	2	8	6	5
5	8	2	7	3	6	1	9	4
4	9	6	5	8	1	2	7	3



## It's like a Farmers' Market Everyday

When you walk through Lakeshore Garden & Market, it almost feels like you've moved out of the city and are browsing through a countryside market with local farmers. Walk between the tables and you'll find potatoes, cucumbers, peas, rhubarb and other treats.

The Market is a continuation of the produce section of the old Lakeshore IGA that the Rodd family operated for about 30 years. Richard Rodd said the current operation is only open in the summer months on the parking lot at the Garden Park Mall, at University Park Drive and Arcola Avenue. His father, George, and his mother, Sylvia, also helped out. Rodd said he had begun bringing in fresh, local produce from across the area in 2005.

"We strive to support Saskatchewan growers, and it tastes better. We go to the Valley to pick up the local products and the growing season provides a continuous flow of vegetables as each crop develops. There are several advantages to buying local," Rodd said. In Saskatchewan, the product is harvested just when it's ripe, rather than having to take into account long shipping times.

Rodd emphasized local produce is also better because foreign producers may grow several crops in a season. "Their soil is used all the time, there's no rejuvenation. That's why local produce is so special and so good," he explained. However, Rodd brings in some out-of-province produce at the start of the season until produce is available locally.

To be at its best, produce has to be sold quickly while it is still fresh, and the Garden Park Mall location has helped out extremely well. Many former IGA customers come to the current location, and a lot of new customers are discovering the benefits of fresh and local. Some customers come weekly, but some come two or three times a week. "They're learning to buy fresh, like we do every day," Rodd said. "People want to eat healthy, fresh local products."

Fresh, local produce is beginning to arrive. Come in and check it out.

- Red radishes
- French breakfast radishes
- Brussels
- Green onions

- Green leaf lettuce
- Beets and red potatoes are coming soon

300 University Park Drive  
(at Arcola Avenue)  
306-585-0550

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